

Kindly add new claims 23-24 as follows:

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23. (New) The method of claim 3, wherein the mean particle size of the pore-  
*232* forming agent is 0.5-100  $\mu\text{m}$ .

24. (New) The method of claim 3, wherein the mean particle size of the pore-  
forming agent is 1-25  $\mu\text{m}$ .

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